

SPACE & MISSILE TIMES

Friday, March 9, 2001

Vandenberg AFB, Calif.

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AIRMAN 1ST CLASS STEVE SCHESTER

Ralph Jacobs, 30th Civil Engineer Squadron, uses a front-end loader to remove mud Tuesday from a slide across Arguello Road on South Vandenberg. CES removed 100 tons of mud from the road.

Mother Nature drowns VAFB

BY TECH. SGT. LLOYD CONLEY
30th Space Wing Public Affairs

■ Team Vandenberg weathered this week's storm that dropped more than three inches of rain and caused minor flooding and mudslides in some areas of Vandenberg.

According to Darryl Parks, 30th Civil Engineer Squadron deputy chief of operations, the base went to flood condition red-one due to the high probability of major flooding on base.

"This normally happens when the water flow of the Santa Ynez River under the 13th Street Bridge reaches 30,000 to 40,000 cubic feet per second," he said.

The water level of the river rises during heavy rains because state officials release overflow from the Bradbury Dam at Lake Cachuma, Parks explained. Flood waters from Lompoc, Santa Ynez and Solvang also raise the water level, he said. The Santa Ynez River flows into the Pacific Ocean at Ocean Park.

Flood water rose quickly in low-lying areas at Vandenberg and in the surrounding area because of the large amount of rain received in a short time.

"The normal amount of rainfall for March is 2.92 inches," said Monique Pelletier, 30th Weather Squadron technician. "We received 3.65 inches in a two-and-a-half day period."

She said more rain is expected this weekend.

Parks said the only facility affected by heavy rain and strong winds was a maintenance building on South Vandenberg. The building began to fill with mud when the ground beneath it shifted.

The deputy chief said two roads, Miguelito Canyon to Oak Mountain and Arguello, were closed because of mudslides. People going to South Vandenberg were temporarily routed through Coast Road Gate. El Rancho Road at El Rancho Lateral and San Antonio Creek was closed because of flooding.

Civil engineer crews worked around-the-clock to keep the roads clear of mudslides, said Master Sgt. Allen Tilligheit, 30th CES NCOIC of the horizontal construction flight.

"We used heavy equipment to push the mud and sand to the side of the road. What couldn't be pushed to the side of the road was hauled away in dump trucks," he said.

Tilligheit said 163 people filled more than 5,000 sandbags to build walls and protect buildings from rising flood waters. San Antonio Road West was sandbagged when the creek flooded the road.

Parks said this storm was far less damaging than the El Nino storm in 1997 that downed power lines, felled trees and damaged government quarters.

Base salutes new seniors

BY STAFF SGT. ANDREW LEONHARD
30th Space Wing Public Affairs

■ Nine master sergeants walked around Wednesday a little heavier on Vandenberg.

That morning they found out the added weight was a new senior master sergeant stripe.

The master sergeants selected for promotion represent a 7.2 percent promotion rate for the base, down from 10.1 percent from last year. Air Force Space Command had a 7.94 percent promotion rate.

Beginning April 1 and over the course of the next year, 1,354 members out of 16,203 eligible master sergeants throughout the Air Force will pin on their new stripes. This represents a selection rate of 8.36 percent, an increase from last year's promotion rate of 7.89 percent.

The complete list of selections will be posted on the AFPC home page by close of business Central Standard Time today. The web address for AFPC is <http://www.afpc.randolph.af.mil>.

Team Vandenberg's selectees are:

Brian Joseph 30th Support Group
Byron Bland 381st Training Group
Steven Wilson 30th Range Group
James Christy 576th Flight Test Squadron
Douglas Fischer 576th FLTS
James Norman 576th FLTS
William Averhart 14th Air Force
Mark Connelly 14th AF
Paul Hilbert 614th Space Operations Group

TEAM VANDENBERG WELCOMES ONE NEW COLONEL SELECT

■ The calendar year 01A colonel selection board selected one lieutenant colonel from Vandenberg for promotion to colonel.

The selectee is:

Blake Folden, 30th Medical Dental Operations Squadron

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HAWC helps smokers quit



Commander's Action Line

As the wing commander, my primary focus is on the mission and I believe that our mission success will be based on how well we care for our people on and off the job.

The Action Line is your direct link to me. It provides an avenue for you to voice your concerns, share constructive ideas or give your fellow base members a pat on the back. The Action Line is not a replacement for using the chain of command.

When you e-mail or call please leave your name and contact number in case more information is needed.

I want Vandenberg to continue to be the best Air Force base in the world. Working together, it will be.

Col. Steve Lanning
commander,
30th Space Wing

606-7850

e-mail: actionline@vandenberg.af.mil

Handy phone numbers

EMERGENCY.....911	Child Development Center.....606-1555
Poison control.....800-876-4766	MPF customer service.....606-7756
Clinic appointments.....606-4077	Visitor control center.....606-7662
Healthwise line.....888-252-3299	Fitness center.....606-3832
TRICARE services.....800-242-6788	Space & Missile Times.....606-2040
Law enforcement.....606-3300	Pest Control.....606-1936
Housing maintenance.....734-5586	Chaplain (after hours).....606-9961



AIRMAN 1ST CLASS STEVE SCHESTER

IT'S ALMOST GREEN

Workers hoist the new traffic light at Timber Lane and Highway 1 Feb. 28. The goal of the 30th Civil Engineer Squadron is to have the light operating next week. Some people may not be aware of the traffic light at the intersection. Motorists should check the intersection for traffic before entering.

Lanning invites all to celebrate St. Patrick's Day

COL. STEVE LANNING
30th Space Wing commander

Ireland, known as the Emerald Isle because of its beautiful misty green countryside, is the birth place of my grandmother. This month, Irish people around the world celebrate the feast day of their patron and guardian Saint Patrick.



Saint Patrick brought Christianity to Ireland in the A.D. 400. He also introduced the Roman alphabet and Latin literature.

Many people consider the Irish to be exceptionally warm-hearted and friendly. The Irish also have a reputation for hospitality, close family ties, skilled writers and storytellers.

Please join me and Vandenberg's Irish at our "Neighborhood pub," the Pacific Coast Club, March 16 at 3 p.m. to talk with friends, listen to music and celebrate Saint Patrick's Day.

Nine famous Irishmen

During the Young Disorders in Ireland in 1848, the following nine men were captured, tried and convicted of treason against Her Majesty, the Queen, and were sentenced to death: John Mitchell, Morris Lyene, Pat Donahue, Thomas McGee, Charles Duffy, Thomas Meagher, Richard O'Gorman, Terrance McManus, and Michael Ireland.

Before passing sentence, the judge asked if there was anything that anyone wished to say. Meagher, speaking for all said:

"My lord, this is our first offense, but not our last. If you will be easy with us this time, we promise, on our word as gentlemen, to try to do better next time. And next time—sure, we won't be fools to get caught."

Thereupon, the indignant judge sentenced them all to be hanged by their necks until dead, then drawn and quartered.

Passionate protests from all around the world forced Queen Victoria to commute the sentence to exile for life to far, wild Australia.

In 1874, word reached the astounded Queen Victoria that the Sir Charles Duffy who had been elected Prime Minister of Australia was the same Charles Duffy who had been exiled twenty-five years before.

On the queen's demand, the records of the rest of the exiled men were revealed, and the following was discovered: Thomas Francis Meagher, Governor of Montana; Terrance McManus and Patrick Donahue, brigadier

generals, U.S. Army; Richard O'Gorman, Governor General of Newfoundland; Morris Lyene, Attorney General of Australia, succeeded in office by Michael Ireland; Thomas McGee, member of parliament, Montreal, Minister of Agriculture and President of Council, Dominion of Canada;

John Mitchell later became the Mayor of New York and was still in office at the outbreak of World War I.

From the book "A Strategy for the Urban Guerrilla."

"My lord, this is our first offense ... And next time—sure, we won't be fools to get caught."

Thomas Meagher

SPACE&MISSILETIMES

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Action lines

BASE FITNESS CENTER'S ACTIVE DUTY PRIORITY POLICY

Q I'm writing concerning the policy implemented at the Vandenberg Fitness Center about active-duty members having priority on workout equipment during certain hours.

Why are civilians being discriminated against when it comes to the base gym? Our noon time and evening workouts have been taken away. Why? I, for one, have been working here going on 35 years. I was also in the military during the Vietnam War. I have not heard of complaints from anyone justifying the hours outlined on Page 16 of the *Space & Missile Times* Feb. 2 issue. Aren't we all part of Team Vandenberg?

A Thank you for voicing your concern. All members of Team Vandenberg are important. Unfortunately, our fitness center is only about half the size we need for the number of authorized users assigned to Team Vandenberg. We have a military construction project on the books to build a new center but it won't happen until fiscal 2005. Until then, the priority for active-duty military members during lunch and after duty hours will ensure our military members accomplish the physical standards required to meet their military mission. This does not mean you can't use the cardio room at this time. If a

machine is not in use, you are welcome to use it. Given the high personnel tempo on Vandenberg we instituted this policy for easier access to the fitness equipment. For information, call the base fitness center staff at 606-3832 or 606-6962.

CONTRACT PROVIDES INTERNET ACCESS IN BASE LIBRARY

Q I was reading the base paper when I came across the headline "We can't afford to be the second best." I understand the mission does come first when it comes to the military, but what about education? Vandenberg is the only base I've been assigned to that does not have Internet access at their library. To me, the Internet not only holds information for military transaction needs, but it also holds information to the outside world as far as education needs. Is there a way for the Internet to be accessed through our base library?

A Thank you for the great input. Our library is contracted on an Air Force Space Command contract, making changes a little more difficult. The staff understands the need for Internet access. They are currently working a contract modification through headquarters that will provide Internet access. We hope to have this accomplished within the next couple of weeks.



AIRMAN 1ST CLASS STEVE SCHESTER

Workout time

Michelle Urdiales takes time out during lunch to workout at the fitness center cardio room. Active-duty people have priority in the cardio room from 11:30 a.m. to 1 p.m. and 4:30 to 6 p.m.



STAFF SGT. JANICE CANNON

Marksman celebrates 85th birthday at Rod & Gun Club

BY TECH. SGT. BUZZ RITCHIE
30th Space Wing Public Affairs

From 25 yards away, the bull's eye on the Rod and Gun Club's pistol range looks about the size of a pea. Maybe smaller.

But George Valentine consistently punches .45 caliber holes through the target's 10-ring. He's fired 10-shot groups so small they can be covered with a nickel.

His skill with a service pistol has made him one of the relatively few Air Force shooters who have earned the Distinguished Pistol Shot Badge from the Department of the Army's Civilian Marksmanship Program.

The veteran marksman keeps his 14-karat gold Distinguished Pistol Shot Badge and his Air Force Excellence-In-Competition Pistol Shot Badge

framed together with a 1981 letter from then director of the Civilian Marksmanship Program Army Col. Jack Rollinger.

Valentine celebrated his 85th birthday in February at Vandenberg's Rod and Gun Club. A retired Air Force lieutenant colonel, he still shoots competitively during the club's "half of 2,700" pistol matches, an event that requires shooters to fire 135 rounds of

ammunition using two different handguns.

Born in Pennsylvania in 1916, Valentine attended Syracuse University on a football scholarship. He graduated in 1939 with a degree in chemistry and was drafted by the Army. His military career began following his commissioning from Army Officer Candidate School in June 1942.

After his retirement from the Air Force while stationed here in 1975, he

continued to compete in pistol matches. He eventually qualified for the distinguished badge by earning 30 points in regional and state championship pistol matches. Shooters earn three points for a first-place finish, two for second, and one point for third place.

The Civilian Marksmanship Program promotes firearms safety training and rifle practice for all qualified U.S. citizens

with special emphasis on youth. The U.S. Congress created the CMP. The program's original purpose was to provide civilians an opportunity to learn and practice marksmanship skills so they would be skilled marksmen if later called on to serve the U.S. military. Over the years, the emphasis of the program shifted to focus on youth development through marksmanship.

ROD & GUN CLUB INFORMATION

■ Vandenberg's Rod and Gun Club holds a number of shooting events for members and guests, including skeet, sporting clay, trap, and pistol matches.

The club's operating hours are Tuesday and Thursday from 4 to 8 p.m.; Wednesday and Friday, 11 a.m. to 2 p.m.; and Saturday and Sunday from 10 a.m. to 2 p.m.

For information about programs at the club, including shooting matches and hunter safety courses, call 606-4560.

Sighting down the barrel of a Model 1911 Colt .45 pistol, retired Air Force Lt. Col. George Valentine takes aim at the bull's eye 25 yards away. Valentine, who turned 85 in February, earned the Distinguished Pistol Shot Badge and Air Force Excellence-In-Competition Pistol Shot Badge 20 years ago.

Essays from Eskan: Trip fit for a king



CONTRIBUTED PHOTO

Maj. John Cherry (left), 30th Space Wing Public Affairs director, poses with Royal Saudi Air Force Chief Master Sgt. Abraham Al-Sarahan.

BY MAJ. JOHN CHERRY
30th Space Wing Public Affairs

A visit to a prince's palace is a rare treat indeed. A group of 36 U.S. Air Force men and women deployed to Saudi Arabia were treated to a day-long visit to the palatial compound of Prince Abdul Aziz bin Fahad Feb. 10.

It was a fantastic opportunity to experience the culture of our host country on a beautiful day in the Kingdom of Saudi Arabia. The compound is known as Alathriyah Village and is a reconstruction of an ancient Riyadh palace. It was built in 1993 using traditional Najd construction techniques to make more than 7 million mud and straw bricks by hand.

Our hosts and escorts for

the day were Royal Saudi Air Force Chief Master Sgt. Abraham "King of the Desert" Al-Sarahan and Alathriyah Village guide Hassan Alnafisah. Both gentlemen were extremely accommodating and ensured everyone on the trip experienced as much traditional Saudi culture as could be crammed into one day. The day was replete with Arabian tea and coffee and even camel rides.

The group toured the grounds and facilities including the main palace, the Prince's personal zoo, the camel corral and the mosque. We enjoyed a delectable meal of goat, lamb, creamed barley, baklava and pita bread.

Alathriyah Village is 5 miles northwest of Saudi Arabia's capital city of Riyadh.



MASTER SGT. VIC MORROW

Team Vandenberg Spotlight

Name/Rank: Airman 1st Class Buasy Nanhta

Assignment: 392nd Training Squadron space operations information manager

Hometown: Waipahu, Hawaii

Time on VAFB: 2 years

Time in Service: 2 years, 4 months

"Airman 1st Class Nanhta is a first-rate Air Force member whose very presence increases morale and well-being in the workcenter," said Master Sgt. Vic Morrow, 392nd TRS Space Operations Training Flight chief of course development.



SENIOR AIRMAN LEE OSBERRY

Playing in the sand

(From left to right) Airman Kevin Nelson, Airmen 1st Class James Pryor and Paul Holdhusen, Staff Sgt. Ernest Willis and Senior Airman John Fredriksem, all from the 30th Civil Engineer Squadron, fill sandbags in preparation for potential flooding on south base earlier this week. About 5,000 sandbags were filled by 163 volunteers, from airman basics to a lieutenant colonel.

NEWS YOU

CAN USE

30TH SW COMMANDER'S CALL MARCH 16 AT 2 P.M. IN PACIFIC COAST CLUB

Col. Steve Lanning, 30th Space Wing commander, will hold his final commander's call March 16 at 2 p.m. in the Pacific Coast Club.

This is a mandatory formation for all 30th Space Wing members. There will be free food and drink following the commander's call.

VAFB TOP THREE HOLDS MEETING THURSDAY AT PACIFIC COAST CLUB

The VAFB Top Three Association will meet Thursday at noon in the Pacific Coast Club for the monthly membership meeting. The meeting is open to all permanently assigned master sergeants through chief master sergeants. For information, call Master Sgt. Ty Foster at 606-3595.

AIR FORCE SERGEANTS ASSOCIATION HOLDS MEETING THURSDAY AT PCC

The VAFB Air Force Sergeant's Association will meet Thursday at 3:30 p.m. in the Pacific Coast Club for the monthly general membership meeting. The meeting is open to all permanently assigned active-duty enlisted members and local retirees. For more information, call Master Sgt. Glenn Eckart at 606-5811.

MED GROUP ADVISES MEMBERS TO COMPLETE 'HEAR' SURVEYS

The 30th Medical Group wants members to know that the Health Enrollment Assessment Review surveys identify health-care needs for TRICARE Prime members 17 years or older. The surveys are mailed after TRICARE Prime enroll-

ment applications have been processed.

Active-duty members fill out surveys during their annual Preventive Health Assessment. Based on those responses, Foundation Health Federal Services sends letters to members and their Primary Care Manager team to identify potential health needs. To request a survey, anyone not on active duty should call (800) 982-0028, and use option No. 3. For more information, call Capt. Brenda Morgan, 605-4756.

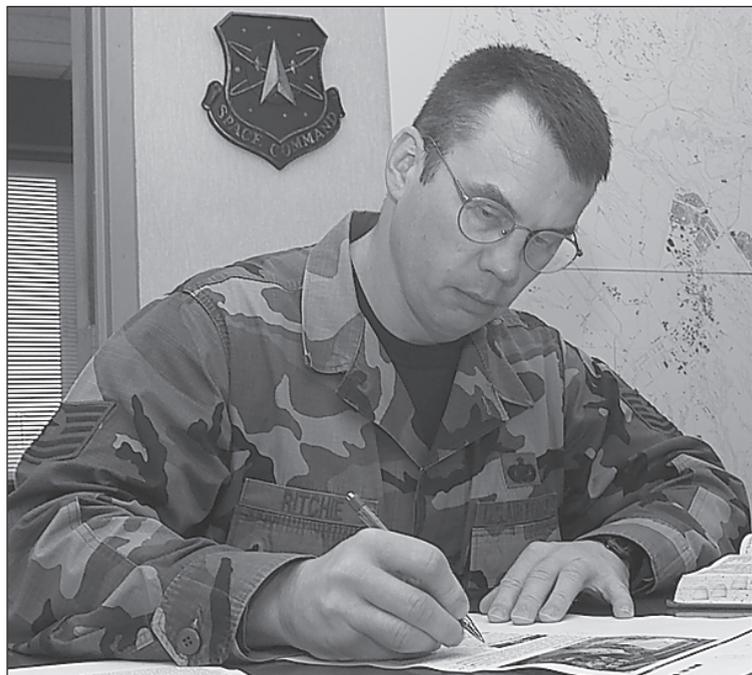
MED GROUP STRESSES NEED FOR PREVENTIVE HEALTH ASSESSMENT

The Preventive Health Assessment is a new way to assess the health of Air Force active-duty people. It is not a physical examination, but rather consists of the following critical components: records review, health risk assessment, prevention-based screening, occupational physical, fitness scores, and military unique medical requirements. The PHA is a mandatory requirement. Appointments are scheduled through squadron health monitors by birth month. For more information, call your PCM team or Capt. Brenda Morgan at 605-4756.

OSC OFFERS SCHOLARSHIPS FOR 2001 SCHOOL YEAR STUDENTS

The Vandenberg Officers' Spouses' Club is offering scholarships to high school graduates in 2001 who are dependents of active-duty, retirees or deceased military members. Spouses of active duty or retired military members are also eligible. Anyone interested in applying should contact their high school counselor or Carol Rieping at 734-3960. Applications must be received by March 30.

High year of tenure increases to 22 years for E-6s



AIRMAN 1ST CLASS STEVE SCHESTER

Tech. Sgt. Buzz Ritchie, 30th Space Wing Public Affairs, now has the option of continuing his Air Force career until 2006. Fourteen Vandenberg technical sergeants, now eligible for retirement, can apply for the temporary high year of tenure extension.

■ WASHINGTON—Air Force personnel officials recently announced the decision to change technical sergeant high year of tenure from 20 to 22 years of service effective July 1.

Enlisted tenures are governed by the Total Objective Plan for Career Airmen Personnel and were last revised in 1991.

At that time, technical sergeant length of service was reduced from 23 to 20 years—the same as staff sergeants.

The impending force drawdown was a major factor in deciding to keep both E-5 and E-6 HYT maximums at 20 years. By doing this, involuntary separation programs were, for the most part, avoided, said Senior Master Sgt. Larry Welch, superintendent of force structure plans at the air staff.

With force drawdowns done, and having returned to an era with more stable end-strength, a review of enlisted HYT rates was accomplished in 2000. The review indicated that, while overall HYT rates were on target, some fine-tuning was in order for technical sergeants, Welch said.

“There were several compelling arguments for increasing tech sergeant HYT to 22 years,” he

said. “First, it’s an opportunity to reward tech sergeants for career advancement and let them stay in the service longer. Second, it establishes a natural HYT bridge between staff sergeant HYT of 20 years and master sergeant HYT of 24 years service.

“Finally, input from the field indicates our enlisted members support the change,” Welch said.

“This is the right thing to do,” said Chief Master Sgt. of the Air Force Jim Finch. “The change will help us retain our experienced NCOs longer, which will affect mission accomplishment, and the Air Force will be a better place for that.”

Although this change is effective July 1, all tech sergeants, regardless of Air Force specialty code, are now eligible to apply for the fiscal 2001 Temporary HYT Extension Program. This will allow tech sergeants with HYT dates before July 1 to apply for a HYT extension to the 22 years of service point, according to Welch.

Implementation guidance is forthcoming from the Air Force Personnel Center.

For more information, call the military personnel flight re-enlistment section at 606-1845. (Courtesy Air Force News Service)

Shuttle makes first landing at Cape Canaveral AFS

BY KEN WARREN
45th Space Wing Public Affairs

■ CAPE CANAVERAL AIR FORCE STATION, Fla.—For the first time, a space shuttle landed at Cape Canaveral AFS. Perched on top of a modified NASA 747, the shuttle orbiter Columbia made its historic landing here March 5.

The landing marked the end of a “ferry flight” from Palmdale, Calif., where Columbia was undergoing extensive avionics upgrades at Boeing facilities. Ferry flights normally land at the Kennedy Space Center’s shuttle landing facility, however, the SLF wasn’t available for Columbia because the shuttle orbiter Atlantis was parked there after its ferry flight had landed about four hours earlier.

With Atlantis parked on the SLF and the need for additional ramp space there for aircraft supporting Thursday’s scheduled launch of the next shuttle mission, there was not enough room to park Columbia. The lack of space at Kennedy prompted the plan to land and park Columbia at the adjacent Cape Canaveral AFS.

“Supporting two space shuttle landings on the same day required NASA and the Air Force to share resources more than usual,” said Lt. Col. Randy Horn, Cape Canaveral AFS commander. “Having Columbia land at Cape Canaveral AFS is the latest example of the Air Force and NASA working together to build Cape Canaveral AFS and KSC into an integrated spaceport.”

This was the first time two orbiters have been airborne on special 747 carriers at the same time. Atlantis returned from space last week, landing at Edwards AFB,

Calif. Both Atlantis and Columbia launched on ferry flights March 1.

Forecasters from the 45th Weather Squadron flew aboard the two 747s, providing NASA flight crews with weather data that allowed them to avoid unstable weather en route back to Florida. Air Force teams on the “pathfinder” aircraft, flying approximately 100 miles ahead of the 747s, monitored atmospheric conditions and relayed much of the data the forecasters used. Weather created delays when leaving California and flying back to Florida. Ferry flights usually take two or three days, but it took five days to get the orbiters back to Florida.

“Bad weather delayed our departure from California,” said 2nd Lt. Barry Hunte, of the 45th WS. “Then it changed our route. We were originally supposed to stop at Tinker Air Force Base, Oklahoma, on our way to Florida, but weather forced a detour to Dyess Air Force Base, Texas.”

Hunte flew on the 747 that ferried Columbia back to the Cape.

“Our job was to watch the weather and make sure we stayed away from conditions that might damage the orbiter, while at the same time getting the flight as far



STAFF SGT. JOEL LANGTON

A NASA 747 carrying the shuttle orbiter Columbia taxis on the flightline shortly after landing at Cape Canaveral AFS, Fla.

east as possible every day,” he said.

Hunte said the primary concern on any ferry flight is precipitation.

“With the weather patterns the country has experienced in the past week or so, it wasn’t easy getting back to Florida,” he said.

The pathfinder aircraft that led the way back to Florida for Columbia was a KC-135 assigned to the 91st Air Refueling Squadron, MacDill AFB, Fla.

“This mission was a dramatic departure from flying tanker missions,” said Capt. Gayle Abbas, pathfinder co-pilot. “We were busy and weather got in the way, but it was a learning experience and a lot of fun. We feel like we contributed to America’s space program. It feels great being part of the team.”

AAFES may change SSN policy

■ In today's financial climate where the issue of personal privacy is of the utmost importance, the issue of social security numbers on checks is fast becoming a major concern among AAFES shoppers everywhere. Many contend that the use of SSN on checks is an open invitation for identity theft.

Currently, AAFES cashiers enter the SSN of the sponsor printed on the check. The numbers are either pre-printed or must be printed somewhere on the check by hand prior to cashing.

"Many of our customers view this as an invasion of privacy," said Steve Reisbeck, Vandenberg AFB Base Exchange general manager. AAFES uses the number to track a person's location when checks are returned for insufficient funds.

In an effort to eliminate the need for SSNs on checks, AAFES has set up a three-phase process.

The first phase was a pilot "proof-of-concept" test conducted in November at five sites on three military installations in Texas. These included the AAFES store in Dallas, the service station and shoppette at Fort Sam Houston, and the service station and shoppette at



AIRMAN 1ST CLASS STEVE SCHESTER

Karen McKitrick (right), AAFES cashier, cashes a check for a customer. AAFES is testing a program to eliminate the current requirement for social security numbers to be written on checks cashed at AAFES.

Lackland Air Force Base.

Under the new system, the SSN of the person presenting the check will be entered. This will be accomplished by taking the SSN off the presenter's identification card. The number will not be required to be on the check. The check will be scanned to obtain the routing number, account number and check number.

The testing period for this second phase, what AAFES calls its "Check Acceptance Test," began in early February at the exchanges in San Antonio and is expected to run through the end of the month. If the program

goes as expected, a world-wide rollout is planned to start in early April.

Reisbeck said the customer's unit information will continue to be required on the check.

"It is AAFES' policy to take every practical step to ensure the privacy of the service members, retirees and the family members we serve," said Tim Bailey, AAFES management information systems fiscal support branch chief. "AAFES has made this commitment as a part of our mission to better serve our customers throughout the world."

(Courtesy Air Force News Service)

SGLI benefit increases to \$250K

■ WASHINGTON—The automatic maximum coverage for the Servicemembers' Group Life Insurance coverage exceeding the member's current elected coverage increases from \$200,000 to \$250,000 April 1.

This coverage increase is a result of the Veterans Benefits and Health Care Improvement Act of 2000. The total cost for maximum coverage will be \$20.

According to pay and compensation officials, every Air Force member's SGLI coverage will automatically increase April 1.

While final implementation instructions are still pending, officials anticipate each member will have the entire month of April to elect a lower coverage amount without being charged for the automatic maximum

coverage exceeding the member's current elected coverage.

SGLI FAST FACTS

- ◆ Increases go into effect April 1.
- ◆ Cost is \$20 for \$250,000 in coverage.
- ◆ Air Force members can elect to reduce coverage without penalty during April.

Each member may still either decline coverage or elect a reduced level of insurance in multiples of \$10,000, officials said. The cost of coverage also remains 80 cents per \$10,000 of coverage.

If people elect to change their coverage after April, they will pay for the maximum coverage for the month of April as well as for any other month in which the level of coverage remains in effect.

Existing beneficiaries remain in effect until a member updates their coverage. Implementation instructions will be available once finalized. (Courtesy Air Force Print News)



SENIOR AIRMAN LEE OSBERRY

Smoking is an addiction that only 5 percent of smokers can quit by using the cold turkey method.

Breaking the habit

BY SUSAN MCPHERSON

Health and Wellness Center

■ Do you have what it takes to quit smoking? Thousands of people have tried to quit smoking many times and have not been successful.

Did they not have what it takes? Lack willpower? Not motivated enough? No, they lacked an effective plan to quit.

Smoking is an addiction that is physical, psychological, and behavioral. On average, it takes about five attempts to quit smoking for good. The most important thing is to make a commitment to keep quitting until you are successfully free of tobacco. This means adopting the attitude "if at first you don't succeed, try and try again."

The second most important thing is to learn from your previous failed attempts. A relapse simply tells you that there are some things that need to be worked out in your quitting plan. Rather than beating yourself up for failing, use the experience to strengthen your plan.

To avoid relapses, stay away from these "don'ts":

- ◆ Don't quit cold turkey without preparation or other strategies to support your behavior changes. Quitting cold turkey is only effective for 5 percent of the people who attempt to quit smoking.

- ◆ Don't rely on medication to help you quit. Medication can help you quit smoking, but

it is not a cure-all.

- ◆ Don't overlook the importance of stress management strategies. If you are a "stress smoker," then you need other forms of stress management to help you through those stressful times.

- ◆ Don't underestimate the strength of your attachment to the hand-to-mouth behavior of smoking. You should try licorice whips, pretzels or cinnamon sticks.

- ◆ Don't overeat. Adopt a healthy lifestyle. Set up a fitness plan, talk to a dietician. This will emphasize why you chose to stop smoking in the first place.

- ◆ Don't succumb to smoking with friends or co-workers. If you hang out around people who smoke, it will make it difficult to quit.

Do look for social support for your quitting efforts. There are Nicotine Anonymous meetings in Santa Maria, Lompoc and Santa Barbara. There are also online support groups, such as nicotine-anonymous.org.

Remember, the only real failure occurs when you completely give up your efforts to change your tobacco use.

If you would like to quit smoking, join one of the tobacco cessation classes that are offered at the Health and Wellness Center.

Call 606-2221 to tackle your tobacco habit now!



AIRMAN 1ST CLASS STEVE SCHESTER

Home again

Senior Airman April Muniz sits with her family during the post deployment party at Chapel 1 on March 1. She was deployed to Aviano Air Base, Italy, last year.

COMMUNITY

CALENDAR

9

FRI

The **30th Support Group** will sponsor a dining-out in the Pacific Coast Club tonight. Cocktails start at 6:30 p.m. and

dinner will be served at 7 p.m. Tickets are \$12 for senior airman and below, \$16 for club members and \$21 for non-club members. Call respective squadron representatives for tickets: Staff Sgt. Tamara Ivison with the 30th Mission Support Squadron at 606-1845, Master Sgt. Steven White with the 30th Security Forces Squadron at 606-1450, Staff Sgt. Carla Lemp with the 30th Services Squadron at 606-5033, and Staff Sgt. William Brown with the 30th Civil Engineering Squadron at 606-5601.

10

SAT

The **Officers' Spouses' Club** will hold an auction Saturday at 6:30 p.m. in the Pacific Coast Club. For

reservations or more information, people whose last names begin with the letters A through K should call Michele Brantly at 734-2289. People with last names beginning with letters L through Z should call Beki Melone at 734-2668.

12

MON

The **United States Air Force Band of the Golden West** will hold a "Pacific Commemoration" concert

Monday at 7 p.m. in the Trinity Church of the Nazarene in Lompoc. Free tickets are available at the Vandenberg Federal Credit Unions in Lompoc, Vandenberg Village and Vandenberg AFB, at the Vandenberg Main Gate Visitor

Center and the Vandenberg AFB Public Affairs Office. Call the 30th Space Wing Public Affairs office at 606-3595 for more information.

Women who are pregnant or couples who are planning a family can attend **Operation Baby Launch** in the 30th Medical Group auditorium at 5 p.m. Monday. Participants can learn about local hospitals, TRICARE and financial concerns, Vandenberg pediatric and family practice clinics and much more. Civilian representatives and obstetricians from local hospitals will be available to answer questions.

Spouses and partners can attend and no registration is necessary. Call Capt. Gretchen Smith at 605-2123 for more information.

13

TUE

This year's **National Prayer Luncheon** is Tuesday at 11:30 a. m. in the Pacific Coast Club.

The guest speaker is Chaplain (Brig. Gen.) Lorraine Potter, Deputy Chief of the Chaplain Service.

Tickets are \$6 and can be purchased from unit first sergeants or at Chapel One. Call Chaplain (Capt.) Mike Husfelt at 606-5773.

The family support center is sponsoring a **self management seminar** starting Tuesday from 1 to 3 p.m. The class offers participants an opportunity to work on self awareness, managing emotions intelligently, assertion skills during times of conflict and various self care techniques. The class will meet five times on Tuesdays at the health and wellness center. To register call Linda Bastine at 606-9958.

See Calendar Page 14

NEWS

S 30th Services



'THE KING OF QUEENS'

TV TAPING

March 29

Leave VAFB for L.A. at 9:30 a.m.



Cost is \$25
(transportation included)

Call 606-7976 for information.

ROD & GUN

SATURDAY-
Bull's eye Pistol Shoot at 8:30 a.m.

SPORTING CLAYS -
Sunday at 8:30 a.m. Cost: Members, Five Stand, \$3. Walking 100 Round Clay, \$22.50. Prizes awarded. Guests, Five Stand, \$4. Walking 100 Round Clay, \$27.50. Prizes awarded.

NSSA and CSSA SKEET -
March 17 and 18 at 8 a.m. For more information, call 606-4560.

OUTDOOR REC

BASS CLUB - The first meeting is Tuesday at 5 p.m. in building 11238. Call 606-5908 for more information.

CAMPING TRIP - March 23 through 25. Signup by March 16. Cost: \$10 per family, register at Outdoor Rec by March 16.

SERVICES CEN-

Effective March 19 - Auto placement on the Used Vehicle Lot will not be taken at the Services Center. Registration will be done at the new Auto Hobby Shop, located at Alaska Way and Community Street.



MARSHALLIA RANCH GOLF COURSE

SCOTCH FOURSOME TOURNAMENT - Sunday

30th SUPPORT GROUP GOLF SHOTGUN-START TOURNAMENT - Thursday at 12 p.m.

THURSDAY - TRI-TIP SANDWICH 'SPECIAL'
Served from 11 a.m. to 1 p.m.

MEN'S CLUB TOURNAMENT - March 17



FITNESS CENTER

BIATHLON - 5K Run/15K Bike
March 24 at 9 a.m. For information, call Staff Sgt. Masters at 606-3832.

REMINDERS...

March 9 at the Pacific Coast Club



In the BALLROOM, 10 p.m. to 2 a.m.

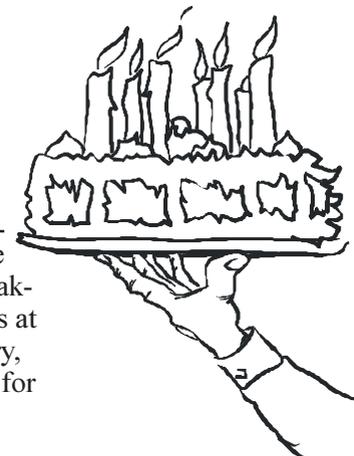
SWIMMING POOL CLOSURE

The pool is closed due to the renovation of the deck and the main pool liner. The pool is tentatively set to open May 7. We apologize for any inconvenience. For more information, call 606-0960.

ATTENTION! ATTENTION!

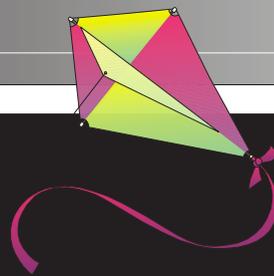
The 30th Services Squadron will conduct a **menu planning meeting** at the Breakers Dining Facility on March 14 at 10 a.m. in the Sports Room. All unit representatives are encouraged to attend. 30th Space Wing and 381st Training Group people are welcome. Call Tech. Sgt. Steven Grim at 606-3219 or Deborah Myjak at 606-1219.

The 30th Services Squadron will once again host the **Quarterly Birthday Meal** on Thursday at the Breakers Dining Facility. Doors open at 6 p.m. Meal starts at 6:30 p.m. Those celebrants with birthdays in January, February or March need to see their first sergeants for details. Call Tech. Sgt. Steven Grim at 606-3219 or Deborah Myjak at 606-1219.



30th Services

NEWS



Pacific Coast Club

YOUTH SPORTS

Members Only

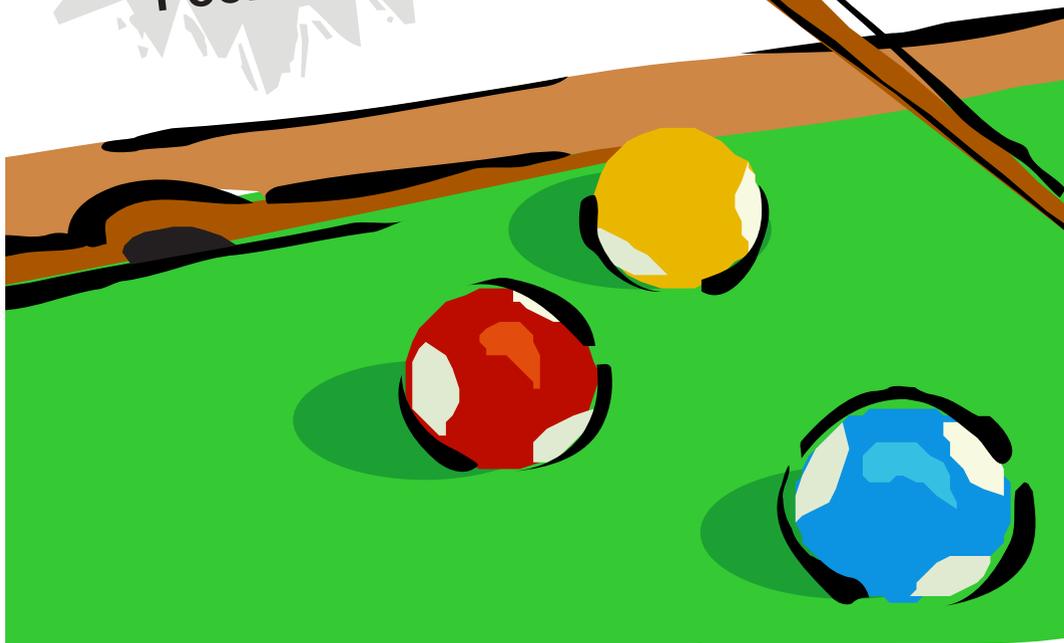
9-BALL

Pool Tournament

Saturday at 7 p.m.

Grand Prize:
3 Days/2 Nights
at Las Vegas or
Laughlin, Nevada

Second Place:
\$300
Pool Cue



Youth Softball Recruiting

Cost:
\$40
(\$35 for Youth Center members)



Register at the Youth Center Monday through Friday 7 a.m. to 5 p.m.

The Youth Softball Program is forming a fourth **SOFTBALL TEAM for LADIES** 11 to 13 years.

This could be your last chance to get in on the fun. For more information on how to join the team, call the Youth Center at 606-2152.

Come out and play softball!

Massage Therapy...



Located at the Services Center

STYLES of MASSAGE available:

- Jin Shin
- Swedish Massage
- Deep Tissue Massage

by appointment

Gift Certificates are available

Call Mary
605-4748 or 717-9088

New Preschool...

VANDENBERG AFB YOUTH CENTER

Preschool has Arrived!



Preschool Classes begin April 24

Call 606-2152 for more information.



AIRMAN 1ST CLASS STEVE SCHESTER

Rub it down

Senior Airman Michael Plante, 30th Mission Support Squadron, wipes a customer's truck Saturday at the Airman Leadership School class car wash.

Calendar From Page 11

There will be a **single parents support group** meeting at the Pacific Coast Club, every second and fourth Tuesday of the month. The dates are Tuesday and March 27 from 11 a.m. to 12:30 p.m. No registration is required. For more information, call Linda Bastine at 606-9958.

14 WED The National Society of Military

Widows, Chapter 44, monthly meeting will be Wednesday, 2 p.m. at the Retiree Activities Center, building 10364.

15 THUR The military retirees monthly meeting will

be Thursday at 1 p.m. at the Retiree Activities Center building 10364. The guest speaker will be Col. Alan Newton, 30th Medical Group commander. Other guests include Lt. Col. Scott Dawson, 30th MDG and TRICARE representatives.

Seating is limited. Call 606-5474 Tuesday through Friday, 10 a.m. to 2 p.m., for more information.

Chapel services

CATHOLIC

- ♦ Saturday Evening Mass 5 p.m., Chapel 2.
- ♦ Sunday Morning Mass 9:45 a.m., Chapel 1.
- ♦ Daily Mass 11:30 a.m., Chapel 2.

PROTESTANT

- ♦ Contemporary Worship Service Sunday 8:30 a.m., Chapel 2.
 - ♦ Traditional Worship Service Sunday at 11:15 a.m., Chapel 1.
 - ♦ Inspirational Worship Service 11:30 a.m., Chapel 2.
- For information, call the Chapel Office at 606-5773.

AT THE MOVIES

TODAY

Sugar & Spice (PG-13)
Starring Marley Shelton and James Marsden.

SATURDAY

Save the Last Dance (PG-13)
Starring Julia Stiles and Sean Patrick Thomas.

SUNDAY

Snatch (R)
Starring Benicio Del Toro and Dennis Farina.

All movies start at 7:30 p.m.

Walk, then run

BY HAL HIGDON

Runner's World

■ How you begin a running program depends partly on your current level of fitness. A teenager, or someone already in good shape, may have little trouble running two or three miles the first day. Someone not used to exercise might struggle to walk even a mile.

Start slow. You'll have fewer problems with sore muscles, or other injuries, if you don't work too hard the first few days, or even the first few weeks or months. You'll enjoy running more if you try to do less than you're capable of accomplishing. You'll also achieve more, since the most important factor in achieving success is consistency.

The best approach for beginners is to start by walking, then after you feel comfortable with that basic fitness exercise, begin to include jogging, easy running, in your routine. Jog, walk. Jog, walk. Jog, walk. Eventually, you'll be able to jog continuously, both farther and faster. How fast you progress depends on you, but don't be in a hurry to run fast or run far. A 30/30 plan is a reasonable start.

Here's a simple 30/30 plan to get you going, featuring 30 minutes of exercise for the first 30 days. It is a routine similar to one that Chuck Cornett, a coach from Orange Park, Florida, uses with beginning runners.

"The best approach for beginners is to start by walking, then after you feel comfortable with that basic fitness exercise begin to include jogging."

Hal Higdon

Walk out the door and go 15 minutes in one direction, turn around, and return 15 minutes to where you started: 30 minutes total.

For the first 10 minutes of your workout, it is obligatory that you walk: No running!

For the last 5 minutes of your workout, it is obligatory that you walk: Again, no running!

During the middle 15 minutes of the workout, you are free to jog or run—as long as you do so easily and do not push yourself.

Here's how to run during those middle 15 minutes: Jog for 30 seconds, walk until you are recovered, jog 30 seconds again. Jog, walk. Jog, walk. Jog, walk. Once comfortable jogging and walking, adapt a 30/30 pattern: jogging 30 seconds, walking 30 seconds, etc.

Follow this 30/30 pattern for 30 days. If you train continuously, every day, you can complete this stage in a month. If you train only every other day, it will take you two months. Do what your body tells you. Everyone is different in their ability to adapt to exercise. When you're beginning, it is better to do too little than too much.

If you continue this 30/30 routine for 30 days, you will finish the month able to cover between one and two miles walking and jogging. You are now ready to progress to the next stage of your training as a beginning runner.



AIRMAN 1ST CLASS STEVE SCHESTER

Lay it up

Kenston Valentine, 30th Mission Support Squadron, lays it up against the Operations Group Team No. 1. 30th MSS won the game 59-45 Wednesday.

SPORT BRIEFS

FITNESS CENTER SPONSORS BIATHLON

The fitness center's annual Biathlon is scheduled for March 24 at 9 a.m. People can sign-up now by calling Staff Sgt. Ryan Masters at 606-3832.

30TH SPTG SPONSORS GOLF TOURNAMENT

The 30th Support group is sponsoring a golf tournament Thursday. Showtime is 11 a.m. for a noon shotgun start. There is a \$5 entry fee plus applicable green fees.

Call the following people to sign up: 30th Services Squadron, John Olson at 605-5095, 30th Security Forces Squadron; Staff Sgt. Harry Ambrose at 605-0785; 30th Civil Engineer Squadron, Staff Sgt. Howard Hall at 606-4150; 30th Mission Support Squadron, Tech. Sgt. Jim Betts at 606-9256; 30th SPTG, 1st Lt. Alex Logan at 606-8700.

VCA SPONSORS GOLF TOURNAMENT

The Vandenberg Competition Association is sponsoring a golf tournament April 6 at Marshallia Ranch Golf Course. Registration is 10 to 11:30 a.m. Shotgun start is at noon. The cost is \$15 per person plus green fees. To register, call Werner "Pete" Hope at 606-9927.

30TH CES HOLDS GOOFY GOLF TOURNAMENT

The Civil Engineer Activity Counsel is sponsoring its third annual Goofy Golf Tournament April 5 at 12:30 a.m. Check-in is 11:30 p.m. Entry fees are \$10 per person. Green fees are \$10 for airman basic through senior airmen, \$16 for staff sergeants and above, \$19 for civilian and DoD employees and \$30 for contractors. Individuals or teams can sign up by calling Staff Sgt. Thomas Merrett at 606-9876 or Ron Case at 606-4116.